

# LOCK HAVEN UNIVERSITY WRESTLING



Dec. 5 -- Penn State Open

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## Lock Haven Wrestling Quick Facts

Name of School .....Lock Haven University  
 City/State/Zip .....Lock Haven, PA 17745  
 Founded .....1870  
 Enrollment .....4500  
 Nickname .....Bald Eagles  
 School Colors .....Crimson and White  
 Home Field .....Thomas Field House  
 Affiliation .....NCAA Division I  
 Conference .....Eastern Wrestling League  
 President .....Dr. Keith T. Miller  
 Alma Mater .....University of Arizona  
 Athletics Director .....Sharon E. Taylor  
 Alma Mater .....Lock Haven  
 First Year of Wrestling: .....1938-39  
 All-Time Record: .....644-245-11  
 Last EWL Title: .....1996-97  
 Individual National Championships: .....9  
 Overall Record in 2004-05: .....4-10  
 Final 2004-005 Dual Meet Ranking: .....NR  
 NCAA Championships Finish: .....T-42nd  
 EWL Record/Place: ....1-6/seventh at EWL Tournament  
 Head Coach: .....Rocky Bonomo  
 Alma Mater: .....Bloomsburg '87  
 Record at School/Year: .....16-21/two  
 Career Record/Years: .....same  
 Assistant Coaches: .....Mike Rogers (Lock Haven '97)  
 .....Mike Maney (Lock Haven '04)  
 Director of Athletics' Operations: .....Wally Kocher



A 14-year veteran of the Lock Haven University wrestling program, **Anthony "Rocky" Bonomo** begins season number three at the helm of the Bald Eagle wrestling program after assuming the reigns in the spring of 2002. An assistant coach with the LHU program since 1990, Bonomo is the ninth coach in school history, succeeding Carl Poff, head coach from 1990-2002.

Bonomo and the Bald Eagles battled through a tough schedule in 2003-04, posting a 4-10 record and a 7th-place Eastern Wrestling League finish.

He led the 2003 Bald Eagles to the program's 12th-straight winning season with a 12-11 overall record. The Haven added a runner-up finish at the PSAC championships and a fourth-place showing at the Eastern Wrestling League Tournament in addition to sending four grapplers to the NCAA Division I National Wrestling Championships. One Bald Eagle came home an All-American while the team placed 35th overall at the national tournament.

Bonomo has brought a wealth of experience and talent to Team Lock Haven, contributing to the Division I program in all phases of its operation. Among his many responsibilities, Bonomo directs the teaching, academic monitoring and fundraising efforts of the Bald Eagle squad. Bonomo also serves as a key asset in the recruitment of LHU's student-athletes due to his national respect as a wrestling instructor.

## Top Bald Eagles by Weight

Wt.	Name	Yr.	'04-'05 Record
125	Obe Blanc	So.	6-4, 0 falls
133	Jimmy Collins	R-Jr.	4-5, 0 falls
141	Matt Fittery	Fr.	6-4, 1 fall
149	Josh Medina	Jr.	8-3, 0 falls
157	Seth Martin	R-Jr.	6-4, 3 falls
165	B.J. Mikeska	Jr.	5-3, 1 fall
174	Carlos Ponce	R-Jr.	4-4, 0 falls
184	Justin Johnson	Sr.	2-2, 1 fall
197	Ben Hepburn	Fr.	1-2, 1 fall
Hwt.	Jamie Nagle	Fr.	1-4, 0 falls

### The Meet

The Lock Haven University wrestling team (1-0) will make its first of two trips to State College, Pa. Sunday, Dec. 4 for the Penn State Open beginning at 9 a.m. The Bald Eagles will revisit PSU for a dual meet Feb. 8.

### Last Time Out for LHU

The Lock Haven wrestling team placed two en route to finishing 12th of 13 teams at the 29th Annual Mat Town Invitational. Newcomers No. 6 University of Minnesota took the team title, besting Penn State University 154-146.5.

Junior **Josh Medina** (Las Vegas/Pima C.C.) was the top finisher for Lock Haven, taking third place at 149 with a 6-3 victory over American University's Tom Kniezewski. Medina, competing in his first Mat Town event after transferring from Pima Community College, went 5-1 on the day, avenging his earlier loss to Kniezewski with a victory in the third-place bout.

Tied at two in the third period, Medina scored on an escape for a 3-2 lead. The junior then hit a single-leg takedown to stretch his lead to 5-2 with less than a minute left. Kniezewski notched a point on an escape, but it was too late to make any effect on the final.

The only other placer for the Bald Eagles was sophomore **Obe Blanc** (Naples, Fla./Lely), who finished seventh in the 125-pound class. Blanc topped Ohio University's Caleb Metcalf 7-5 in the seventh-place match.

"There are no excuses for the way we performed today," head coach **Rocky Bonomo** said. "I don't like to make any, but the competition is definitely tougher. A positive for us was that we stayed aggressive but it certainly was a reality check."

American's Muzaffar Abdurakhmanov took top honor, winning the Harris Lipez Most Outstanding Wrestler trophy for taking the title at 157.

Medina Takes LHU Athlete of the Week

Junior wrestler **Josh Medina** was named Lock Haven University Athlete of the Week for his performance during the week ending Nov. 28.

Medina took third place at the 29th Annual Mat Town Invitational and defeated his opponent in the dual meet against Millersville University by major decision. Medina avenged his single loss of the week to American University's Tom Kniezewski by beating him 6-3 in the third-place match at Mat Town.

Dominating Millersville

When LHU topped Millersville University 41-3 Nov. 22, it continued an 18-match winning streak over the Marauders, dating back to 1978. The 38-point victory was the largest for LHU since a 41-0 win in 1996.

On the strength of three pins and a technical fall, the Lock Haven wrestling team won nine of ten matches, defeating Millersville University 41-3. Junior **B.J. Mikeska** (Derry, Pa./Bloomsburg University) had the quickest of the falls, finishing off Jesse Gronlie in 2:31.

Freshman **Ben Hepburn** (Williamsport, Pa./Loyalsock) had the first pin and the first win of his LHU career, taking Jeremy Wampler at 3:38. Fellow freshman **Matt Fittery** (Denver, Pa./Cocalico) had a pin as well at 4:41. Junior **Seth Martin** (Selinsgrove, Pa./Selinsgrove) recorded the technical fall.

"I'm proud of this team and the effort they gave," head coach **Rocky Bonomo** said. "To win nearly every match is outstanding. (As a coaching staff, we've) taught these guys not to stall, to always be on the offensive, and it showed tonight."

Hepburn's success is particularly impressive, as he "didn't know he was going to wrestle today until four hours ago." Bonomo admitted. "For a freshman to step in there on short notice and pin a guy he probably shouldn't beat, that says a lot for that young man."

New Faces

The Bald Eagles had four first-year members in their starting lineup for their first dual meet against Millersville Nov. 23. Freshmen **Matt Fittery** and **Ben Hepburn** join transfers **Josh Medina** and **B.J. Mikeska** as the top new LHU matmen. This

<b>Eastern Wrestling League Standings</b>		
<b>Team</b>	<b>EWL</b>	<b>Total</b>
Pittsburgh	1 0	1 1
Edinboro	0 0	3 0
Cleveland State	0 0	1 0
<b>Lock Haven</b>	<b>0 0</b>	<b>1 0</b>
West Virginia	0 0	0 1
Clarion	0 0	1 2
Bloomsburg	0 1	1 1

**LHU Wrestling Schedule/Results**

<b>Date</b>	<b>Opponent</b>	<b>Result</b>
11/20	. . . . .at East Stroudsburg Open	.4 ind. placers
11/22	. . . . .MILLERSVILLE	.41-3
11/27	. . . . .MAT TOWN USA INVITATIONAL	.12th of 13
12/5	. . . . .at Penn State Open	. . . . .9 a.m.
12/8	. . . . .AMERICAN UNIVERSITY	. . . . .7:30 p.m.
12/28-29	. . . . .at North Carolina-Greensboro	. . . . .9 a.m.
1/14-15	. . . . .at Virginia Duals	. . . . .9 a.m.
1/21	. . . . .at Iowa State	. . . . .5 p.m.
1/28-29	. . . . .at PSAC Championship	. . . . .9 a.m.
	. . . . .(East Stroudsburg, Pa.)	. . . . .
2/5	. . . . .at Edinboro	. . . . .7:30 p.m.
2/6	. . . . .at Cleveland State*	. . . . .3 p.m.
2/8	. . . . .at Penn State	. . . . .7 p.m.
2/11	. . . . .PITTSBURGH*	. . . . .7:30 p.m.
2/13	. . . . .WEST VIRGINIA*	. . . . .7:30 p.m.
2/18	. . . . .at Bloomsburg*	. . . . .7:30 p.m.
2/19	. . . . .CLARION	. . . . .7:30 p.m.
3/5-6	. . . . .at EWL Championships	. . . . .9 a.m.
	. . . . .(Clarion, Pa.)	. . . . .
5/17-19	. . . . .at NCAA Championship	. . . . .9 a.m.
	. . . . .(St. Louis)	. . . . .

\*indicates EWL contest  
**BOLD CAPS** indicate home game

quartet was undefeated at the Millersville meet, and has gone 21-14 (.600) thus far this season with three falls.

Season Outlook

It may surprise a number of Lock Haven wrestling fans, but despite just two starters returning from last year's squad, this year's team can rely on a wealth of experience. Joining Pennsylvania State Athletic Conference (PSAC) champion **Jim Collins** (Jonestown, Pa./Northern Lebanon) and double-digit winners **Seth Martin** and **Casey Moore** (Beech Creek, Pa./Central Mountain) is a huge transfer class, including a junior-college nationals runner-up and four mat men with Division I experience.

A bit of shuffling in the lower weights, as Collins moves from 125 to 133, giving way for talented sophomore **Obe Blanc**. Freshman **Matt Fittery** steps in at 141, part of a rookie class that has "great focus on goals," head coach **Rocky Bonomo** said. "Each of the freshmen have tons of athletic ability and the mental parts that are needed to succeed."

Potential starters at the middle weights include newcomer **Josh Medina** at 149, and three familiar faces in Martin at 157, **B.J. Mikeska** at 165 and **Carlos Ponce** (Hialeah, Fla./Hialeah Miami Lakes) in at 174.

Leading the upper weights is another Bloomsburg transfer **Justin Johnson** (Wyalusing, Pa./Wyalusing). Slotted at 184, Johnson has competed at the national championships and is eager to return. Joining him are freshman **Monty Rockey** (Port Matilda, Pa./Bald Eagle Area) at 197 and sophomore heavyweight **Tim Meyers** (Mill Hall, Pa./Central Mountain).

## 2004-05 Bald Eagle Wrestling

<b>Name</b>	<b>Wt.</b>	<b>Yr.</b>	<b>Hometown/Previous School</b>
James Barnes	133	R-Sr.	Windsor, Conn./Windsor
Obe Blanc	125	So.	Naples, Fla./Lely
Damian Carbone	Hwt	Fr.	Wilkes-Barre, Pa./Meyers
Jim Collins	133	R-Jr.	Jonestown, Pa./Northern Lebanon
Erie Coney	125	Fr.	Miami/Miramar
Brian Ellis	133/141	Fr.	Bethlehem, Pa./Liberty
Josh Fisk	174/181	Jr.	Wyalusing, Pa./Drexel University
Matt Fittery	141	Fr.	Denver, Pa./Cocalico
Nick Hawrylchak	149	R-Jr.	Altamont, N.Y./Guildleyland
Ben Hepburn	177	Fr.	Williamsport, Pa./Loyalstock
Mike Hillman	184/197	So.	Hunlock Creek, Pa./Lake Lehman
Brent Hoover	141	R-Jr.	Halifax, Pa./Halifax
Brian Hoover	149	R-Jr.	Halifax, Pa./Halifax
Brock Jardine	165/174	So.	Strasburg, Va./Southern Virginia University
Justin Johnson	184	Sr.	Wyalusing, Pa./Bloomsburg University
Jacob Lauffenburger	165	Fr.	Russell, Pa./Warren Area
Joseph Liuzza	133/141	R-Fr.	Hughesville, Pa./Hughesville
John Loff	197/Hwt	So.	Jackson, N.J./Gardener-Webb University
Matt Marquart	157	Jr.	Rutherford, N.J./Rutherford
Andrew Martin	157	Fr.	Carlisle, Pa./Big Spring
Seth Martin	157	R-Jr.	Selinsgrove, Pa./Selinsgrove
Jameik Mathews	141	Fr.	Seaford, Del./Laurel
Rory McCoy	165	Fr.	Hughesville, Pa./Hughesville
Joshua Medina	149/157	Jr.	Las Vegas/Pima C.C.
Mike Metzger	184	So.	Reading, Pa./Governor Mifflin
Tim Meyers	197/Hwt	So.	Mill Hall, Pa./Central Mountain
B.J. Mikeska	165	Jr.	Derry, Pa./Bloomsburg University
Casey Moore	133	So.	Beech Creek, Pa./Central Mountain
Derrick Morgan	165/174	R-Jr.	Milan, Pa./Athens
Jamie Nagel	197/HWT	Fr.	Shade Gap, Pa./Mount Union Area
Sobhan Namvar	165	Fr.	Needham, Mass./Needham
Carlos Ponce	165/174	R-Jr.	Hialeah, Fla./Hialeah Miami Lakes
Donnie Reinhart	184	Fr.	Dublin, Ohio/Dublin Coffman
Monty Rockey	197/HWT	Fr.	Port Matilda, Pa./Bald Eagle Area
Clint Shirk	133/141	Fr.	Julian, Pa./Bald Eagle Area
Josh Sizemore	157	Fr.	Beavercreek, Ohio/Beavercreek
Dustin Swindell	165	R-Fr.	Hopewell, Pa./Northern Bedford
Dan Thoman	174	Jr.	Red Lion, Pa./Dallastown

**Lock Haven University of Pennsylvania**  
**2004-05 Wrestling Season and Career Individual Records (as of 12/4/04)**

Name/YR	Wt.	SEASON		CAREER					
		W/L	Maj.	TF	Pin (fastest)	W/L	Maj.	TF/MT	Fall
Obe Blanc, SO	125	6-4	0	0	0	6-4	0	0	0
Erie Coney, FR	125					0-0	0	0	0
Jim Collins, R-JR	133	4-5	1	2	0	34-36	8	2	6
James Barnes, R-SR	133	0-2	0	0	0	11-17	1	0	5
Casey Moore, SO	133/141					10-14	1	0	1
Joseph Liuzza, FR	133/141					0-0	0	0	0
Clint Shirk, FR	133/141					0-0	0	0	0
Brian Ellis, FR	141	6-4	1	0	1 (3:37)	6-4	1	0	1
Matt Fittery, FR	141	6-4	5	0	1 (4:41)	6-4	5	0	1
Jamiak Mathews, FR	141					0-0	0	0	0
Brent Hoover, R-JR	141					1-6	0	0	1
Nick Hawrylchak, R-JR	141/149	2-4	1	0	1 (3:21)	7-12	1	0	3
Josh Medina, JR	149	8-3	2	0	0	8-3	2	0	0
Brian Hoover, R-JR	157	1-4	0	0	0	6-10	0	0	3
Josh Sizemore, R-FR	157					0-0	0	0	0
Andrew Martin, FR	157					0-0	0	0	0
Matt Marquart, JR	157	3-2	1	0	1 (1:28)	6-11	1	0	2
Seth Martin, R-JR	157	6-4	2	1	3 (0:53)	20-15	3	3	6
Rory McCoy, FR	165	4-3	0	0	0	4-3	0	0	0
Sobhan Namvar, FR	165					0-0	0	0	0
B.J. Mikeska, JR	165	5-3	0	1	1 (2:31)	9-6	0	1	1
Jacob Lauffenburger, FR	165					0-0	0	0	0
Dustin Swindell, FR	165	0-4	0	0	0	0-4	0	0	0
Brock Jardine, SO	165/174					0	0	0	0
Carlos Ponce, R-JR	174	4-4	2	0	0	12-23	4	0	0
Derrick Morgan, R-JR	174					1-5	0	0	1
Dan Thoman, JR	174					0	0	0	0
Josh Fisk, SR	174/184					0	0	0	0
Michael Metzger, SO	184	2-4	0	0	0	10-9	2	0	0
Justin Johnson, SR	184	2-2	0	0	1 (2:55)	12-5	0	0	1
Donnie Reinhart, FR	184					0-0	0	0	0
Mike Hillman, SO	197	0-4	0	0	0	0-4	0	0	0
Ben Hepburn, FR	197	2-4	0	0	1 (3:38)	2-4	0	0	1
John Loff, SO	197/HWT					0	0	0	0
Monty Rockey, FR	197/HWT					0-0	0	0	0
Jamie Nagel, FR	197/HWT	1-4	0	0	0	1-4	0	0	0
Tim Meyers, JR	HWT	1-5	0	0	0	5-22	0	0	0
Damian Carbone, FR	HWT					0-0	0	0	0